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Breathe

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Breathe in...
Breathe out...
Reeeeeeelaaaaaaaaaax
Breeeeeeeeeeeaaaaathe
Roll your head from side to side
Release all your thoughts out of your mind
Let your mind become empty and accepting
for all that is to come
Breathe in...
Breathe out...
Reeeeeeelaaaaaaaaaax
Breeeeeeeeeeeaaaaathe
Stretch your arms out to their ends
Release your anxieties, let them flow out
through your fingertips
Let them relax into their natural fluid
state of being
Breathe in...
Breathe out...
Reeeeeeelaaaaaaaaaax
Breeeeeeeeeeeaaaaathe
Stretch out your spine from it's begin to end
Let your energy flow, let the energy flow freely
Let energy's light expand out to embrace
your whole being
Breathe in...
Breathe out...
Reeeeeeelaaaaaaaaaax
Breeeeeeeeeeeaaaaathe
Stretch your legs to the ends of their length
Let your tension flow out through your toes
Let them relax into their natural liquid
state of freeing
Reeeeeeelaaaaaaaaaax
Breeeeeeeeeeeaaaaathe
Breathe in...
Breathe out...
Let your fingers and toes are fully relax

Let them relax you completely into the
most loving space that you can imagine
Breathe in...
Breathe out...
Breathe yourself completely into an open space
where your mind can roam free without guilt
Breathe in...
Breathe out...
Breathe yourself completely into your own being
Breathe in...
Breathe out...
Completely let go of all your thoughts
Breathe in...
Breathe out...
Let silence guide you to where you are going
Breathe in...
Breathe out...
Feel light's love surround you completely
Breathe in...
Breathe out...
You are what you breathe
Breathe in...
Breathe out...
You are your breath
Breathe in....
Breathe out...
Your breath is all
Breathe in...
Breathe out...
Breathe into your life who you want to be
Breathe in...
Breathe out...
Breathe into your life what you want to become
Breathe in...
Breathe out...
Become the love that you feel
Breathe in...
Breathe out...
You are that love that you feel

Breathe in...
Breathe out...
Your breath is love
Breathe in...
Breathe out...
You are love
Breathe in...
Breathe out...
Become one with your breath
Breathe in...
Breathe out...
Your breath is all
Breathe in...
Breathe out...
Become one with all
Breathe in...
Breathe out...
You are all

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